Claimed is:

1. A heating body with a base body (4) constructed of metal, especially aluminum, therein characterized, in that

the surface (10) of the base body (4) has a degree of reflectance of approximately 80 % to 100 %.

2. A heating body in accord with claim 1, therein characterized, in that

the surface (10) is mechanically ground, in particular by, respectively rough grinding, grinding, fine grinding i.e. prepolishing, then mechanically polished and chemically polished.

3. A heating body in accord with claim 2, therein characterized, in that

the surface (10) is electrochemically anodized that is, treated with Eloxan.

4. A heating body in accord with claim 2, therein characterized, in that the surface (10) possesses a coat of clear lacquer.